

# APRIL NEWSLETTER



## Welcome

Ladies Gents and fellow athletes, welcome to the **DENBIGH HARRIERS** newsletter. This newsletter will be a Monthly newsletter published by the Club Secretary.

If any Club member has an article, a social event, a race they feel others members would like to run, or any idea they feel may benefit the Club, please e-mail or phone me and I will make sure it will be mentioned the newsletter.

*-Roger Snaith*

## HANDICAP

### April 2010 race result

Gloomy and wet, 8C and no wind. All gates shut, plus the tricky swinging palette in the top field (and thanks to Martyn for closing it on his last lap).

As predicted, a soggy course meant slower times generally than in March but Sarah snatched the women's record despite having raced for 5 hours (!! ) the day before.

Brilliant officiating by Ken allowed accurate results despite very close finishes ( 10 seconds covering 5th to 10th).

### Actual time

1st David B .....	30m27
2nd Tony.....	26m31
3rd Alun.....	25m13
4th Bob .....	27m58
5th Mike.....	27m01
6th Arwel.....	27m34
7th Frances.....	40m05
8th Duncan.....	25m38
9th Peter A.....	24m42
10th Peter B.....	28m20
11th Will.....	31m23
12th Rachel.....	42m38
13th Roger.....	28m41
14th Sarah.....	35m15**
15th Menai.....	37m50
16th Colin.....	32m10
17th Martin C.....	26m16
18th Chris.....	28m06
19th Martyn.....	31m13



## BRITISH INTER COUNTIES FELL RACE

This year fellow members under the watch full eye of our chief organiser Martin C, Denbigh harriers are organising a top event in our back garden the (Clwydian Hills) with a top class of fell runner.



The runners will come from the four corners of the UK and this is a good time for us as a small club, to show other clubs we can put on a top event. The date of the event is Saturday 22<sup>nd</sup> May, so we will be looking for volunteers to help out with a number of jobs from, marshalling, car parking, etc. More details to follow.

**HI VIS VESTS**

Just to remind all Club Members that when we run as a club in the evenings everyone is required to wear a HI VIS VEST.

This is for everyone's safety especially as we are running in a large group, please don't get caught out as we don't want to let the good name of Denbigh Harriers down.

**FAIRY FRECKLED COW RACE 2010**

Please could all members of the club looking to run the race please let know, and also anyone who is available to marshal / help out on the day please let me or Duncan know, cheers

**CLUB HOODYS**

Any club member interested in a Denbigh Harrier Hoody please let me know your size. £10 Bargain!

**CLUB LONG SLEEVE TOPS**

I still have number of tops left over, Size Medium so anybody who hasn't received their top please let me know.

**AFTER SCHOOL CLUB**

On Thursday 22<sup>nd</sup> April a few members are running an after school running club at Denbigh High school. Any member is more than welcome to come along and help out and pass on their experiences.

They can be picked up from me price of £10, or if paying by cheques please make them payable to' Denbigh Harriers.

**SOCIAL EVENTS**

Watch this space for more Social events in 2010.

**CLUB LONG SLEEVE TOPS**

I still have number of tops left over, Size Medium so anybody who hasn't received their top please let me know.

If any body has information regards future races or photos, they would like to place on the notice board, then please speak to a member of staff for the key to open the notice board.

**CLUB ADVERTISING**

Just to inform all the new members I have a number of Denbigh Harrier car stickers, VERY SMART. If you haven't received one please let me know.

They can be picked up from me price of £10, or if paying by cheques please make them payable to' Denbigh Harriers.

**COACHING**

Any member interested in attending any coaching course or other course they feel will benefit the club, please let me know and I will sort out the arrangements.

**CLUB FLYERS**

I have made a number of Club Flyers, so if any member would like to place one in their place or work or any local notice board please let me know.

**NOTICE BOARD**

I have recently updated the Clubs Notice board which is located inside Denbigh Leisure Centre.

**DATES FOR DIARY**

Very good listing of races courtesy of Helsby Running Club is at <http://www.distantmoons.com/running.html>

Tuesday 4<sup>th</sup> May - Handicap Race

Thursday 27<sup>th</sup> May – Sun Centre 5km Race Rhyl – see me for entry form.

Sunday 20<sup>th</sup> June - Rhuddlan Riverbank 10km – see me for entry form.

Sunday 4<sup>th</sup> July – Fairy Freckled Cow Race Alwen.

**COMMITTEE  
MEMBERS**

**Chairman**

Martin Cortvriend

**Club Secretary**

Roger Snaith

**Membership Secretary**

Sarah Bayliss

**Treasurer**

Alun Humphreys

**Social Secretary**

Duncan Jones

**Welfare Secretary**

Tracey Williams

**X-Country**

Chris Baldwin

**Press Secretary**

Rachel Morrell

**Committee Members**

Ken Jones

Menai Baugh

Maureen Bartley

*THIS NEWSLETTER  
COMPILED BY  
ROGER SNAITH  
CLUB SECRETARY*